25 January 2016 - A period of changeable and potentially disruptive weather is on the way this week with heavy rain and strong winds forecast

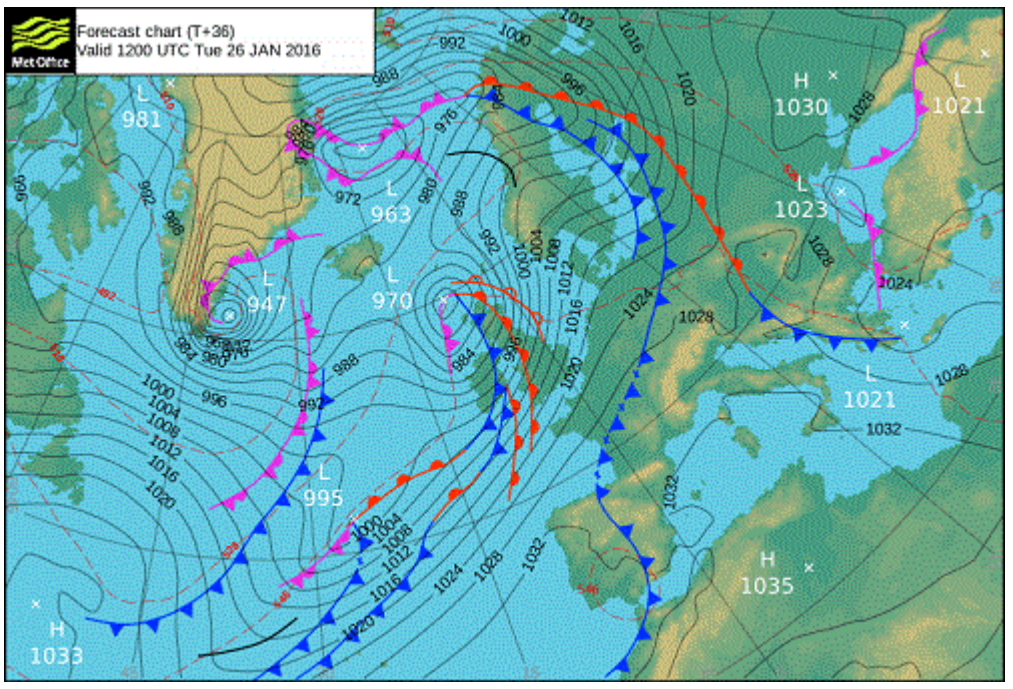
After the relatively settled and cold conditions of last week, the weather has switched back into an unsettled mode. A succession of Atlantic depressions moving across the UK will bring the potential for some disruptive weather over the coming days.

Through Tuesday and Wednesday a prolonged period of heavy rain accompanied by strong winds is expected to affect the UK. Western parts are likely to see the most rain as warm, moist air arrives from the west on a powerful Atlantic jet stream.

The weather system moving through on Tuesday is the remnants of the deep low pressure system or 'nor'easter' which brought blizzards and near record-breaking amounts of snow last weekend in the eastern US. However, in the UK it will mainly be rain and wind, not snow, which could cause disruption. A second low pressure system will bring Wednesday's rain and wind but also some snow across parts of the Grampians and Highlands in Scotland.

A quieter, colder spell in-between weather systems on Thursday is expected to be short-lived before further rain and winds spread in towards the end of the week.

Met Office Severe weather warnings have been issued for heavy rain for this week and people are advised to stay up to date with the latest UK forecast so that they are aware of any severe weather and can plan ahead.



Forecast chart for midday on Tuesday 26 January 2016

Met Office Chief Operational Meteorologist, Will Lang said: "A deep area of low pressure will move east to pass to the north of Scotland during Tuesday. The associated frontal system will be active, bringing a spell of heavy rain to areas exposed to the south and southwest.

"The rain will also be accompanied by south or southwesterly gales and possibly severe gales at times, especially over exposed coast and hills with large waves also expected. People should be aware of the potential for disruption to travel due to localised flooding."

Scott Squires, Duty Tactical Manager for Natural Resources Wales, said: "We are monitoring the situation closely as the ground is still fairly sodden after Christmas. But as the rain is going to fall over 24-36 hours this will help reduce the pressure on our rivers and waterways.

"We do expect to issue a number of flood alerts and potentially some isolated warnings so people need to keep an eye on our website for the latest. Roads and low-lying land could be affected by the rain so people need to take care and not drive or walk through any flooding.

"The west of Wales could also be hit by strong winds and large waves so again, the advice to people is to avoid the sea front as this could be dangerous.

"You can also follow the latest on our twitter feed by following @NatResWales."

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